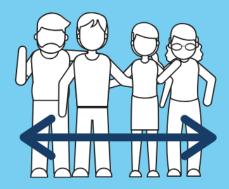
# **SOCIAL DISTANCING 101**



Social distancing are actions that communities can take to reduce face-to-face contact which may help reduce the spread of disease.



#### INDIVIDUALS AND FAMILIES

- Stay home and do not go out in public when you are sick
- Avoid medical settings unless necessary
- Give six feet of space from others
- Wave instead of handshakes
- Practice excellent personal hygiene habits



### **AT WORK**

- Work in ways that minimize close contact with people
- Minimize groups over 10
- Encourage telecommuting
- Clean your workspace frequently



## THOSE AT HIGHER RISK

Public Health recommends that people at higher risk of severe illness should stay home and away from large groups of people

#### Those at higher risk includes people:

- Over 60 years of age
- With underlying health conditions
- With weakened immune systems
- Who are pregnant

